## Supporting information

For: Mathematical modelling reveals cellular dynamics within tumour spheroids

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**S2** Appendix: Algorithm for updating the cell cycle Algorithm 1 shows an outline of the algorithm used to update the spring lengths and cell cycles of each cell at each timestep.

Input: All cells, viable or necrotic for All cells do if Cell is alive then if  $\omega_q < \omega \leq 1$  then // Cell is proliferative // Move cell through cell cycle by one timestep Set  $T_i = T_i + dt$ ; // Ensure hypoxia timer is unset Set  $\tilde{T}_i = 0$ ; // If cell is less than one hour old, increase the cell radius if  $T_i < 1$  then Set  $s_i = s_i + R_{\text{Cell}}dt$ ; end // If cell is at end of cell cycle, proliferate if  $T_i = \tau_i$  then Choose random location within  $R_{int}$  of cell i; Place daughter cell j in selected location; Set  $s_i = \frac{R_{\text{Cell}}}{2}$ ; Set  $s_i = \frac{\bar{R_{\text{Cell}}}}{2};$ Set  $T_i = 0$  for cells *i* and *j*; Choose new cell cycle durations  $\tau_i$  for cells *i* and *j*; end else if  $\omega_h < \omega \leq \omega_q$  then // Cell is quiescent // Ensure hypoxia timer is unset Set  $\tilde{T}_i = 0$ ; else if  $\omega \leq \omega_h$  then // Cell is hypoxic // Increment hypoxia timer by one timestep Set  $\tilde{T}_i = \tilde{T}_i + dt;$ // Check for cell death if  $\tilde{T}_i = \tilde{\tau}_i$  then Mark cell as dead; end end else // Cell is necrotic // Reduce necrotic cell radius linearly over  $ar{ au}$  hours to model decay Set  $s_i = s_i - \frac{R_{\text{Cell}} dt}{\bar{\sigma}};$ if  $s_i = \theta$  then Remove cell from simulation; end end end

Algorithm 1: Pseudocode outlining the procedure used to update the cell cycle.